

Nutrition Notes: November 2015: Harvest of the Month- Broccoli and Cauliflower!

Broccoli & Cauliflower ☐ Cafeteria | VermontHarvestoftheMonth.org

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Selection

Choose broccoli and cauliflower that has a firm, compact, evenly colored head that doesn't have open flowers. Fresh broccoli and cauliflower will have leaves that are not wilted and firm stalks.

Storage Tips

- Store in the refrigerator in a perforated plastic bag for 5-10 days. Do not wash before storing and make sure the heads are dry.
- To freeze: blanch and place in a labeled and dated freezer-grade bag. Frozen broccoli and cauliflower will keep for about a year.

Benefits

- Broccoli is an excellent source of vitamin C and the mineral potassium; it is a good source of B9 (folic acid) and dietary fiber. Similar to other members of Brassicaceae, broccoli contains beta-carotenes.
- Cauliflower is an excellent source of vitamin B9 (folic acid) and C, as well as the mineral potassium.

Kid-Friendly Eating Tips

- Pair raw broccoli or cauliflower with a hummus, ranch or salsa dip.
- Add chopped raw broccoli or cauliflower to a pasta dish or green salad.
- Steam either veggie and mix into a stir fry.
- Mash cooked cauliflower; add herbs, a bit of cheese, olive oil and voila, it's like mashed potatoes!

Tidbit

Broccoli and cauliflower can be eaten raw, steamed, boiled or roasted and absorb flavors well. Their "heads" are comprised of flower buds. If eating the veggies raw, experiment with dipping sauces, such as hummus; if eating them cooked, try a stir fry!

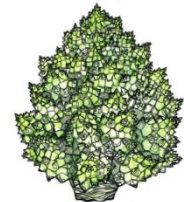
Cooking Tips

- Broccoli stems take longer than the florets, so cook them separately for a few minutes before adding the rest; cutting the stems into smaller trunks can expedite this process.
- Cauliflower cooks quickly (a few minutes)—it will become mushy if you overcook it.

BROCCOLI GONE TO FLOWER:



CAULIFLOWER VARIETY: ROMANESCO



Sources: *The Visual Food Encyclopedia*, *The Encyclopedia of Healing Foods*, VT FEED, VT Department of Education, GMFTS.